

## Program Data Sheet

Name of Program: Group Exercise Classes		
Date: Dec. 2006	Day of Week: M-F	Time:
Location: Fitness Center	Information Phone #: 3090	Price: No cost
Program Coordinators: Jeanette Coffman		
Phone #: 4771	Fax #:	e-mail Address:
Purpose of the Program: Provide a variety of group training classes throughout operational hours to enhance customers exercise options.		

Actions:			
Class attendance was recorded at each session: Customer opinions were gathered.			
Results:			
Indicated on Monthly After Action Report			
Elements to Change:			
Elements to Add:			
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## After Action Report

Financial Analysis		
Sales:		NA
COGS:		
Other Revenues:		
Labor:		
Other Expenses:		
NIBD:		

Program Analysis	
Attendance: Attendance for holiday months was good.	<p>Review 2006</p> <p>Group Cycle- Tues- Thurs. lunch time well attended, afternoon low attendance</p> <p>FBC- core dedicated group, 4-8</p> <p>Yoga- attendance in yoga is up, average 10-12</p> <p>Fit for Life- very low attendance</p> <p>SA- steady 8</p> <p>SS- steady</p> <p>Cardio Kick- 12-15 increased attendance</p> <p>Body Sculpt- Very well attended class with coed participation.</p>
Elements to Change: Trying time change for increased participation for afternoon cycle from 1630 to 1700, Adding 45 min cycle 1 <sup>st</sup> Wed of each month for 0900 class.	
Elements to Eliminate: Fit for Life Class removed from schedule due to low participation and lack of interest.	
Elements to Add: Adding: Wed. 1130-1200 Jump Rope Class (high intensity)	
Other Comments:	